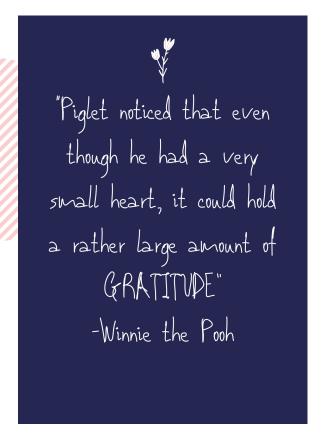


S C H O O L N E W S L E T T E R

PRACTICING GRATITUDE IN THE TIME OF COVID 19

July 2020



Why should we practice gratitude?

In the midst of Coronavirus, you might find it easier to focus on the negative, rather than the positive things in life. It is okay to acknowledge these feelings, but make sure you take some time everyday to practice gratitude for the people, places, & things you are thankful for.

Practicing gratitude helps you manage your stress levels, which reduces system inflammation. This means that in addition to the mental health benefits of practicing gratitude, those who do so may also experience improved immune function, better sleep, & less chronic pain.



How do I practice gratitude?

Create time for yourself. This may be at the beginning or end of your day, or even during your lunch break! Use this time to think about what you are thankful for. Write it down on paper, in a journal, or in your phone notes.

How can my family practice gratitude?

At dinner time, or another time when your family is together, go around the table and have everyone share their "peak and pit" of the day. This is the best and worst part of the day. This will help everyone reflect on what they are grateful for and spark great conversation.

Don't force it.

We are living in unprecendented times. Even after the times of covid, you may have days where expressing gratitude is hard. That is okay. Practice self care first. Listen to your body and don't minimize your struggle.

FOOD BANKS

New Prospects Baptist Church

3rd Saturday 8-11AM

Christian's Place Mission

3rd Saturday 10AM-12PM

Dilworth Church of God

4th Saturday 9AM-12PM

Mission of Hope

2nd & 4th Thursday 7:30-9AM

St. Mary's Episcopal

Tuesdays 8:30-10:30 AM

Mt. Vernon Baptist

3rd Saturday 9-11AM

Parrish First Baptist

3rd Saturday 8-11AM

Sumiton Church of God

4th Thursday 7PM

Westside Baptist

2nd & 4th Thursday 10 AM-12PM

HOT MEALS

info@myraisingarrows.com (205) 530.9911 PICKUP MON-FRI 11:30 AM

Cordova City Hall
Carbon Hill Community Center
Mt. Vernon Baptist Church
Sumiton Senior Center
Jasper Civic Center
Jasper Housing Authority
Oakman Senior Center
Sipsey Community Center

HELP LINES

Crisis & Suicide (205) 323.7777 or **text SHARE to 741741 Teen Line** (205) 323.LINK

Kid Line (205) 328.KIDS

Senior Talk Line (205) 328.TALK

Youth Peer Support text or call (205) 328.5465

Dial 211 for more support.

LOCAL RESOURCES

Call (205) 302.0801 Visit www.wacf.org